



Maine Breast Cancer Coalition News & Views

summer 2011

www.mainebreastcancer.org

1-800-928-2644

Breast Cancer Deadline 2020®

The [National Breast Cancer Coalition](#) (NBCC) has a unique history and an impressive record of accomplishment in breast cancer. Since NBCC's inception in 1991, the organization's mission has been to end breast cancer. Now, NBCC has set a deadline: [Breast Cancer Deadline 2020®](#) – the end of breast cancer by January 1, 2020.

According to Fran Visco, President of NBCC, "These are not just words; we have a strategic plan to get there. While the vast majority of resources are focused on finding the next treatment, National Breast Cancer Coalition is doing something very different. We are bringing together unprecedented collaborations among scientists, visionaries, and advocates to catalyze, plan and implement work in two major areas: how to prevent metastasis to save lives and how to prevent the development of breast cancer."

Beginning with a baseline report in May 2011, NBCC will issue Annual Progress Reports about **Breast Cancer Deadline 2020®**. These reports, which will summarize the state of breast cancer as well as the status of NBCC's work to end breast cancer, will hold us and the entire breast cancer community accountable to the Deadline.

Starting in 2013, NBCC will convene biennial Leadership Summits to examine progress and provide guidance and direction for the ongoing work to achieve **Breast Cancer Deadline 2020®**. To find out more about Breast Cancer Deadline 2020 and the National Breast Cancer Coalition go to www.stopbreastcancer.org

New Study Shows Fresh Food Diet Reduces Levels of Hormone Disruptors BPA and DEHP

(March 30, 2011, Silent Spring Institute press release)

Food packaging is a major source of exposure to the hormone disrupting chemicals bisphenol A (BPA) and bis (2-ethylhexyl) phthalate (DEHP) in children and adults, according to new research published today in *Environmental Health Perspectives*. *The study, conducted by [Silent Spring Institute](#) and [Breast Cancer Fund](#), shows that a fresh food diet significantly reduces levels of these chemicals, after just three days.*

Researchers assessed BPA and DEHP levels in adults and children from five families by testing their urine before, during, and after a three-day fresh food diet. During the fresh food diet, participants ate organic meals with no canned food and minimal plastic packaging, and stored food in glass and stainless steel containers.

While participants were eating the fresh food diet, average levels of BPA in urine decreased by over 60%. When participants returned to conventional diets, their BPA levels increased back to pre-intervention levels. Average levels of the DEHP metabolites (chemicals that measure DEHP exposure) dropped by over 50% during the fresh food diet. Reductions were even more pronounced for the highest exposures, which decreased by over 70% for BPA and over 90% for DEHP.

"The study provides compelling evidence that removing BPA and DEHP from food packaging would substantially reduce exposures for adults and children. The good news is that now we know how much food packaging contributes to our overall exposure to BPA and DEHP, and we know how to significantly reduce exposures, both on a personal and societal level," said lead author of the study and research director of Silent Spring Institute, Ruthann Rudel. "As we replace BPA and DEHP, substitute chemicals need to be tested for safety before they're put into use so we don't end up with a revolving door of hazardous chemicals in consumer products."

Exposure to BPA has been associated with effects on the developing brain, and mammary and prostate glands in laboratory studies. DEHP, at common exposure levels, has been shown to affect male reproductive development, steroid hormone levels, and sperm quality in human and laboratory studies. Three of the five phthalates measured in this study, including DEHP, were recently banned under Europe's REACH regulation because of concerns about reproductive toxicity.

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(continued from page 1) BPA is often used to make hard polycarbonate bottles and the epoxy resin lining of food and beverage cans, and DEHP is used to soften plastic, including some plastic food wrap. BPA and DEHP are also found in a variety of consumer products, including cash receipt paper, shower curtains, and children's toys. Silent Spring Institute previously measured BPA and DEHP in household air and dust in 170 homes in its ongoing Household Exposure Study, and DEHP was detected in 100% of homes tested.

The authors note that while research unfolds, there are precautionary steps individuals can take to reduce their exposures to BPA and DEHP, including avoiding canned food and plastic packaging, cooking more meals at home with fresh ingredients, and using glass and stainless steel containers to store food.

"The study should serve as a wake-up call to industry and government to enact big-picture solutions that eliminate harmful chemicals from food packaging and protect public health," said Connie Engel, Ph.D., program coordinator with Breast Cancer Fund. The authors note that while research unfolds, there are precautionary steps individuals can take to reduce their exposures to BPA and DEHP, including avoiding canned food and plastic packaging, cooking more meals at home with fresh ingredients, and using glass and stainless steel containers to store food.

[Silent Spring Institute](#) is a scientific research organization that studies links between the environment and women's health.

Helpful links: ["Six Simple Steps to Avoid BPA and DEHP in Food" Video of the study authors discussing the results](#)

Maine Eagles Clubs:

Major Donors to the Support Service Fund

We would like to thank the following Fraternal Order of Eagles Clubs for all their hard work and dedication conducting fundraising events to benefit our Support Service Fund. Eagles club volunteers plan and organize these events.

The **Brewer Eagles** and the **Brewer Eagles Ladies Auxiliary** recently donated \$1738.91 each for a total of \$3477.82. The Brewer Eagles Bingo Tips also contributed \$50.

At the **Fraternal Order of Eagles** State Meeting and Dinner, MBCC was presented with a donation of \$4547.24.

The **Rumford Eagles**, also long-time supporters, will hold a benefit Classic Car Show and Sock Hop on Saturday, July 23. **Mark your calendar!** *This year's Classic Car Show and Sock Hop are dedicated to the memory of Matthew Plante, whose passionate dedication to helping others made a difference in the lives of many Maine residents facing breast cancer.*

The Fraternal Order of Eagles, an international, non-profit organization, strives to help people in need. To find out more about the Eagles go to www.foe.com for the national site or www.foemaine.com for the state site.

The PINK ALBUM Coming October 1st



This extraordinary double CD will contain a collection of performances by some of Maine's most accomplished female singer / songwriters.

Over two dozen remarkable performers are coming together in support of The Maine Breast Cancer Coalition [Support Service Fund](#). The album is a project of [PATCO Construction](#) of Sanford, a long-time major supporter of the Support Service Fund, and [Con Fullam](#) of Port City Productions.

PATCO Construction, along with [New England Building Materials](#) (formerly Lavalley Lumber), presented MBCC with checks for \$2,100 each at a Portland ceremony concluding their 2010 "Kitchens That Care" benefit project. The Pink Album project was launched after the ceremony, with an electrifying performance by PINK ALBUM artist [Cindy Bullens](#).

For more information, updates, and exclusive previews visit The PINK ALBUM website at www.mainepinkalbum.com and [The PINK ALBUM Facebook page](#) often!

Save the Dates!

2011 Race for the Cure

in Bangor and Portland Locations

Portland Race: Sunday, September 11, at Payson Park.

Bangor Race: Sunday, September 18, at the Bangor waterfront.

The fundraising efforts of Race participants make a real difference for people in our community. Seventy five percent of net proceeds generated by the Maine Affiliate stay right in the local community. The remaining income goes to the national Susan G. Komen for the Cure Grants Program to fund research.

For more information or to register for either race, go to www.komenmaine.org or call 207-262-7117.

Support Service Fund News

The Maine Breast Cancer Coalition's [Support Service Fund](#) has for the past eleven years been an important safety net for uninsured or underinsured Maine residents with breast cancer or breast health related needs. Since January of this year, we have already received 220 applications from all areas of Maine.

From a letter from Support Service Fund recipient:

"I wanted to share with as many people as possible the amazing experience I had with the Maine Breast Cancer Coalition. I was diagnosed with stage 3 triple positive breast cancer and needed a double mastectomy. I knew I was going to be out of work for a while so I scrambled to pay off the balances (on my household bills), pay a couple of months worth of car payments, and managed to get my mortgage deferred for 4 months. Well, I lost my job because of the time I took off for surgery, (and because) the owner of my workplace decided to close for the winter and spring, so I had no money coming in at all. Suddenly I owed the tax on my home, my car needed to be registered, both my car and house insurance were due, and my mortgage was once again due. I panicked because on top of all this I had a second surgery coming up the day after my mortgage was due.

I called the social worker at the cancer center and she gave me contact information for the MBCC. My first and only contact with this organization was a caring woman. (MBCC's Support Service Fund assistant) The Support Service Fund committee quickly approved the mortgage payment and a check for gas mileage (to my treatments), so I was able to pay my bills. I went into surgery knowing everything was taken care of and having one less thing to worry about. I am so grateful and thankful for the Maine Breast Cancer Coalition. I don't know what I would have done without them." L. D.

To find out more about the Support Service Fund or to apply for assistance, go to www.mainebreastcancer.org and click on "Services".

MBCC Support Service Fund Receives Important Grants

The Maine Breast Cancer Coalition is pleased to announce significant grant awards for our [Support Service Fund](#) from two foundations.

The **Maine Affiliate of Susan G. Komen for the Cure** awarded a grant of \$50,000. This grant will significantly help us reach our \$222,000 budget goal and will allow us to provide a high level of assistance to a projected 450 Support Service Fund (SSF) applicants this year. Our Komen grant not only provides a large contribution toward grant awards to qualified applicants, but also covers all of our low administrative costs. This allows 100% of all other donations to the SSF to go directly to applicants. Maine Breast Cancer Coalition is grateful to the Maine Affiliate for supporting our work with major grants for eleven consecutive years. To find out more about Komen Maine Affiliate go to www.komenmaine.com.

The **Maine Cancer Foundation (MCF)** awarded \$7,500 from their "Patient Support" grant funding program. These grant funds will be designated for people who have been diagnosed with breast cancer and qualify for a grant from our Support Service Fund. MBCC would like to express our appreciation for the Maine Cancer Foundation's support over many years. To find out more about MCF go to www.mainecancer.org.

We would like to express our appreciation to the following individuals, groups, organizations or businesses that held fundraising events or made donations to the Support Service Fund:

Augusta Elks Club, for their "Joy of Womanhood Night" fundraiser [Breast Fest](#) fundraiser, with special thanks to **Dave Provencher**

Brighton Collectibles

Captain Morgan's Tattoos

Theresa Gilbert, organizer of the *Jackman Yard Sale and Pink Balloons Fundraiser*; also **The Potting Shed, Jackman Hardware**, and **Bishop's General Store** for their generous support

Members of the **Greater Bangor Area Women's Ski and Snowboard Club**, long-term supporters

Hebron Academy Ladies' Hockey Team

Employees of **Orthopaedic Associates of Portland**

PATCO Construction & New England Building Materials for their **Kitchens That Care** project

J. C. Penney, Waterville, employee fund raiser

St. Joseph Hospital Printing Dept., Bangor, with special thanks to Dave Votour: printing of MBCC newsletters

White Rock Distilleries

We are grateful for the following recent individual donations for the Support Service Fund from:

Meredith Burgess

Kathleen Choate

Mary Beth DiMarco

Joan Gemme

Jennifer Hitchcox & Vance Huntlev

Barbara S. Mitchell

Gail Murphy

Melissa Reichert

Dodo Stevens

Maine Breast Cancer Coalition
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More than 15,000 Maine Breast Cancer Specialty License Plates are now on the road! Do you have yours yet? Proceeds benefit the Maine Breast Cancer Coalition's [Support Service Fund](#), the [Maine Cancer Foundation](#), and the [Maine Breast and Cervical Health Program](#).

The plates are available from BMV branch offices and most town offices. For more information go to <http://www.maine.gov/sos/bmv/registration/bcplate.htm> or call the Bureau of Motor Vehicles at 207-624-9000.

How You Can Help

The [Support Service Fund](#) is only partially supported by grants from major foundations and revenue from the Maine Specialty Breast Cancer License Plate Program. MBCC also relies on contributions from local groups, businesses, or individuals. If your community group, business, or organization would like to dedicate all or part of the proceeds from a fundraising effort to the *Support Service Fund*, contact grants chairperson Christine Hais at 207-938-4018 or info@mainebreastcancer.org. One hundred percent of these donations will go to *Support Service Fund* recipients, as our low administrative costs are covered by our [Maine Affiliate of Susan G. Komen for the Cure](#) grant.

Or please consider a tax-deductible donation of any amount. You can [donate online](#) by visiting the "Donate" page <http://www.mainebreastcancer.org/donate.cfm> of our website to make a secure donation using your credit card or Paypal account.

If you prefer to use a check, you can mail it along with the membership/donation form below. Checks should be made payable to MBCC.

Yes! I want to support the Maine Breast Cancer Coalition's work.

- I want to become a member of MBCC.**
(check membership level below)

Individual annual membership levels:

- \$15 Basic Membership
 \$25 Friend
 \$50 Supporting Member
 \$250 Sustaining Member
 Other (minimum of \$15) _____

Business or Organization Basic Membership:

- \$100

- I want to make a contribution.** Enclosed is a check for \$ _____
In honor/memory of: _____

Name _____

Address _____

City _____ State _____ Zip _____

Phone (day) _____ (eve.) _____

Email _____

- Check here if you prefer to receive your newsletter via email.

Please make checks payable to MBCC. Mail your check for membership and/or contribution with this form to:

Maine Breast Cancer Coalition
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PMB 362
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